

October 29, 2024



# PANHANDLE PARTNERSHIP

Rooted in Frontier Spirit, Committed to the Future

Panhandle Partnership  
Website

Training Events  
Calendar

*This email includes curated content originally created by our friends at member and partner organizations, both locally and nationally. If you have an update, event, or news article you would like to see featured in an upcoming Tuesday Update, please email [info@panhandlepartnership.com](mailto:info@panhandlepartnership.com)*

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## Member Updates

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### Chadron State College



# SET ASIDE & RECORD SEALING CLINIC

Is an old criminal charge or conviction getting in the way of you finding housing, the job you want, public benefits, or an education?

Setting aside your conviction or sealing a dismissed criminal record may help! If you are interested, sign up for more information!



QR CODE FOR INFO

EVENT DETAILS

**11-19-2024**

**1 PM - 3:30 PM**

**LOCATION:** Legal Aid  
of Nebraska

1423 1st Ave, 1  
Scottsbluff, NE 69361



FOR INFORMATION & REGISTRATION  
[WWW.LEGALAIDOFNEBRASKA.ORG/WNRJP/](http://WWW.LEGALAIDOFNEBRASKA.ORG/WNRJP/)

**308- 632-4734**

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# Chadron State College

CHADRON STATE COLLEGE SOCIAL WORK 435 CONFERENCE

2024

# WINNING THE BATTLE; WITH MENTAL HEALTH

WITH AN EMPHASIS IN RECOVERY

## SCHEDULE

8:00-8:10 OPENING CEREMONY

8:15-9:05 DR. WILSON

9:15-10:15 ROSS SZABO

10:25-11:00 PANEL

11:00-12:00 LUNCH

11:55-12:15 WELLNESS

12:15-1:05 DR. HOWTON

1:15-2:05 DR. COOK-FONG

2:15-3:00 JENILEE WOLTMAN

## SPONSORS

CSC WELLNESS  
BHECN PANHANDLE  
B&I COMMITTEE



06 NOV, 2024

STARTS 8:00 A.M.  
IN THE STUDENT CENTER  
BALLROOM

## KEYNOTE SPEAKER

**ROSS SZABO**

- WELLNESS DIRECTOR; GEFFEN ACADEMY AT UCLA
- AUTHOR OF "A KIDS BOOK ABOUT ANXIETY"
- TEDX SPEAKER
- WANT TO KNOW MORE? [HTTPS://ROSSSZABO.COM/](https://rossszabo.com/)



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# **Snowy Peak Community Services**



## All parents wonder if they're getting it right.

**You're not alone.** Sometimes it's hard to tell what your child needs, what her behaviors mean and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting is an opportunity to join other parents just like you, for an 8-week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behavior
- Meet your child's needs by being bigger, stronger, wiser and kind

**Who should attend:** Parents, grandparents, child care providers, teachers, and foster providers

**Location:** Virtual via Zoom; Monday's for 8 weeks

**Dates:** October 28th- December 16th, 2024

**Times:** 5-7p.m. MT/ 6-8 CT

**Cost:** Free

**How to register:** <https://www.necosp.org/events/circle-security-parenting-virtual>

**Presented by:** Kate Batt

**Sponsored by:**

# Western Community Health Resources

Partner with us to help more than 200 families.

# WE WANT YOU



Join us in making a difference! Western Community Health Resources invites you to partner with us by becoming a monthly donor to support our pantry. Your contribution will directly help those in need, ensuring they have access to essential resources. Together, we can create a stronger, healthier community. Will you lend a hand and help us uplift others?

**We are looking for  
50 people to give \$10.00 per month or  
25 people to give \$20.00 per month**

Please contact Sherri Blome at 308-432-8190 or email [sherri.blome@wchr.net](mailto:sherri.blome@wchr.net) for more information

**Your donations are tax deductible.**



**Panhandle Public Health District**

# DID YOU KNOW?

NEBRASKA  
TOBACCO  
QUITLINE

Quitline services are **free**, and you may be eligible for quit medication to help you quit **for good**.

1-800-QUIT-NOW (784-8669)  
1-855-DÉJELO-YA (335-3569)

[QuitNow.ne.gov](http://QuitNow.ne.gov)

 **panhandle**  
WORKSITE WELLNESS COUNCIL

Proudly part of

**Panhandle**

Public Health District



# Bridges Out of Poverty

## Overview

This workshop is a comprehensive approach to understanding poverty. Bridges Out of Poverty uses the lens of economic class and provides concrete tools and strategies for a community to understand, address, and alleviate poverty.

## Training Objectives

- Examine the resources by which you create stability.
- Discover the causes of poverty.
- Create and analyze mental models of economic environments.
- Discover the hidden rules of economic classes.
- Analyze language and story structures.
- Discuss stability within family and support systems and the importance of building social capital.
- Learn new tools and strategies for improving relationships and outcomes.
- This training assists businesses, community organizations, social service agencies, employers, and individuals in gaining insight and strategies to ultimately create stability for all.



Register for the  
FREE Workshop  
TODAY!!!



**Virtual**



<https://tinyurl.com/5n9a96yh>



**Date: Monday, November 18th**



**Time: 12 pm - 4 pm**



Contact Us: Nicole Berosek; [nberosek@pphd.ne.gov](mailto:nberosek@pphd.ne.gov); 308-279-3496



**BEGINNING NOVEMBER 1, 2024**



**LET US HELP YOU INSTALL YOUR  
CAR SEAT PROPERLY**

**PLEASE CONTACT US TO SET  
UP YOUR APPOINTMENT WITH  
A CERTIFIED TECH**



**MONDAY THROUGH FRIDAY  
8:30 A.M. TO 4:30 P.M.**

**BY APPOINTMENT ONLY  
308-633-2866**

**Panhandle**  
Public Health District

**SEAT CHECK LOCATIONS:**

**18 W 16TH STREET  
SCOTTSBLUFF, NE 69361**

**808 BOX BUTTE AVE  
HEMINGFORD, NE 69348**



**IF YOU MEET THE INCOME ELIGIBILITY AND OTHER REQUIREMENTS  
YOU COULD BE FITTED FOR A FREE CAR SEAT**

**Serving ALL Panhandle Counties**

# BREAST cancer

AWARENESS MONTH

*Breast cancer is the most common cancer found in women, regardless of race or ethnicity.*

*Early detection saves lives!*



Proudly part of



# CALM



COUNSELING  
ON ACCESS TO  
LETHAL MEANS

## COUNSELING ON ACCESS TO LETHAL MEANS

Many people at risk for suicide never seek formal help. CALM workshops can be implemented by anyone concerned about someone at risk. This workshop offers practical techniques for those frequently in contact with individuals in distress, such as defense attorneys, bartenders, and teachers of court-ordered classes.



**November 7th at 12  
pm via ZOOM**

<https://tinyurl.com/yx5f3h3x>

*Register  
Now*



### CALM Conversations Quick Reference

**Recognize Warning Signs**



**Ask about Mood and Suicide**



**Connect the Person to Support**



**Focus on Increasing Safety of  
Firearm & Medication Storage**



**CONTACT US**



**Call Us**



**308-279-3496**



**Visit Our Website**

<https://www.pphd.ne.gov>



**Contact**

**Nicole Berosek**

[nberosek@pphd.ne.gov](mailto:nberosek@pphd.ne.gov)

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